



PSE RESOURCE GUIDE

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Safe Routes to School

- General Resources
- Assessment Instruments
- Evaluation Tools
- Sample Policies

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This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

PSE: Safe Routes to School

Promote active transport (walking, biking, skating) to school by establishing a Walking School Bus program, walking clubs at school, becoming a SRTS partner, and support the education efforts with walk and bike safety workshops.

<p>Assessment Instruments/ Evaluation Tools</p>	<p>Walkability Checklist – (Safe Routes to School) <i>This tool helps give insight into the walkability of a neighborhood. It contains insightful questions, allowing the user to evaluate a neighborhood's walkability and provides both immediate answers and long-term solutions to a neighborhood's potential problems.</i> http://www.saferoutesinfo.org/program-tools/education-walkability-checklist</p> <p>October Walk to School Month Walkability Checklist <i>A tool that can be used to improve the safety of your child's route to school. Use the Walkability Checklist with your child on a day while walking to or from school. Younger children will need an adult's help to complete the Walkability Checklist. Older children may be able to complete the checklist on their own if they can read at or above a 4th grade reading level.</i> http://www.caactivecommunities.org/wp-content/uploads/2011/09/Walkability-Checklist-for-Students-and-Adults.pdf</p> <p>Bikeability Checklist - Safe Routes to School <i>This tool helps give insight into the bikeability of a neighborhood. It contains insightful questions, allowing the user to evaluate a neighborhood's bikeability and providing both immediate answers and long-term solutions to a neighborhood's potential problems.</i> http://www.saferoutesinfo.org/program-tools/education-bikeability-checklist</p> <p>School PA Policy Assessment (S-PAPA)- <i>Assesses physical activity policy related to physical education, recess, and other physical activity opportunities at elementary schools. It uses open-ended, dichotomous, multichotomous, and checklist formatting and has 7 background items and 3 modules: (a) Physical Education (40 items); (b) Recess (27 items); and (c) Other Before, During, and After School Programs (15 items). Takes 23min to administer.</i> http://www.midss.ie/sites/www.midss.ie/files/s-papa_instrument_0.pdf</p> <p>Physical Education Curriculum Analysis Tool (PECAT) - (CDC) <i>The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards. The PECAT is designed to be used by a committee or team of individuals.</i> http://www.cdc.gov/healthyyouth/pecat/</p>
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	<p>Environmental Inventory Tool (EIT) <i>The Environmental Inventory Tool (EIT) assesses nutrition and physical activity factors related to the school environment via observation of the school cafeteria and other school facilities. The seven sections include an assessment of the lunch period, reimbursable lunch meals, salad bar, school vending machines, indoor and outdoor dining areas, and the PA facilities. There is an additional section on school nutritional and wellness policies completed by a school administrator.</i> G:\CPNS\ RESEARCH\Campaigns 5 a Day REU\Power Play!\Evaluation_FFY 2011\FFY 2012 Power Play! Evaluation Study\Instruments & Logs\Environmental Inventory Tool\EIT_FINAL - 10 24 11.doc</p> <p>Active Neighborhood Checklist <i>An observational tool designed to assess key street-level features of the neighborhood environment that are thought to be related to physical activity behavior. The Checklist assesses five general areas: land use, public transit stops, street characteristics, quality of the environment for a pedestrian, and places to walk and bicycle. The data collected can be used to generate data for a needs assessment or research, to raise community awareness about the role of the environment in supporting or discouraging physical activity, or to mobilize community members to advocate for change</i> http://www.activelivingresearch.org/node/12715</p> <p>Walking Route Audit Tool for Seniors (WRATS) <i>An audit tool to be used by researchers as well as laypeople to identify the best walking routes for older adults. The main domains covered are functionality, safety, aesthetics, and destinations. The tool includes 59 items and most are measured using a 3-point scale.</i> http://www.activelivingresearch.org/node/11950</p>
<p>General Safe Routes to School and Walk to School Program Resources</p>	<p>California Walk to School Headquarters – (California Active Communities) <i>Website designed to assist in initiating and implementing a Walk to School Program.</i> http://www.caactivecommunities.org/w2s/</p> <p>California SRTS Technical Assistance Resource Center <i>This tool kit assists local communities with creating Safe Routes to School (SRTS) programs by providing trainings, technical assistance, and resources to implement safe and successful SRTS strategies throughout California.</i> www.casaferoutestoschool.org/safe-routes-to-school-basics/</p> <p>CALTRANS Safe Routes to School Programs – (California Department of Transportation) http://www.dot.ca.gov/hq/LocalPrograms/saferoutes/saferoutes.htm <i>Caltrans' Local Assistance Program oversees more than one billion dollars annually available to over 600 cities, counties and regional agencies for the purpose of improving their transportation infrastructure or providing transportation</i></p>

services. This funding comes from various Federal and State programs specifically designed to assist the transportation needs of local agencies. Annually, over 1,200 new projects are authorized through the Local Assistance Program of which approximately 700 are construction projects.

<http://www.dot.ca.gov/hq/LocalPrograms/saferoutes/saferoutes.htm>

Creating Safe Walking and Bicycling Communities: Safe Routes to School Decision Maker's Toolkit – (CCS Partnership)

This guide explains active transportation and the conditions in a community that support safe walking and bicycling to schools and other neighborhood destinations. - <http://www.ccspartnership.org/resources/safe-routes-to-schools/>

Fire up Your Feet

Fire up your Feet is joint program from the Safe Routes to School National partnership, Kaiser Permanente, and the National PTA. This website provides a full range of age-appropriate resources and educational materials to encourage physical activity to, from and at school.

<http://fireupyourfeet.org/>

How to build and sustain a Safe Routes to School (SRTS) program – (National Center for Safe Routes to School)

This resource has information to improve walking and bicycling conditions near a school and spread interest into other parts of the community. Coalitions that persist in their efforts and make measurable improvements based on their evaluation will be rewarded with safer places for children to walk and bicycle and more children choosing safe routes to school.

<http://www.saferoutesinfo.org/program-tools/build-and-sustain-program>

**Implementing a SRTS in low-income communities and schools
A Resource Guide for Volunteers and Professionals – (Safe Routes to School National Partnership)**

The intent is to inspire nonprofit organizations, schools and community residents to come together to implement and sustain successful, culturally sensitive and inclusive Safe Routes to School initiatives.

<http://www.saferoutespartnership.org/sites/default/files/pdf/LowIncomeGuide.pdf>

Sacramento County Safe Routes to School (SRTS) Toolkit – (Walk Sacramento)

This resource provides tools for data collection, a recommended step for implementing a successful SRTS program. Many of the background data identified in this section are great for use in Safe Routes to School grant applications. The type and amount of data you collect will depend on your project needs, your interest in the data, and your capacity to collect the data. There are no required data for starting an SRTS program, but some data are required for SRTS funding. This resource discusses: Baseline walking and biking numbers; Surveys of parent concerns; Student attendance; Road data; Walk audits and

	<p><i>behavior observation; Bike audits.</i> http://www.walksacramento.org/wp-content/uploads/2012/06/SacramentoCountySRTSToolkitFINAL.pdf</p> <p>SRTS Online Guide <i>This guide is a comprehensive online reference manual designed to support the development of Safe Routes to School (SRTS) programs. It provides links to other SRTS publications and training resources. Readers of the online guide can pick and choose specific topics based on their interests and needs, such as guidelines for adult school crossing guards, tools to create school route maps, and ways to include children with disabilities in SRTS initiatives.</i> http://guide.saferoutesinfo.org/</p> <ul style="list-style-type: none"> • SRTS Guide: On-Campus Walking Activities: http://guide.saferoutesinfo.org/encouragement/on-campus_walking_activities.cfm <p>Safe Routes to School Toolkit – (Active Transportation Alliance) The purpose of this Toolkit is to help new Safe Routes to School initiatives get started. The Toolkit includes nationally recognized strategies for implementing Safe Routes to School. The toolkit also includes resources that can help strengthen your Safe Routes to School program. The goal of this guide is to help schools make every day a Walk (and Roll) to School Day. http://www.atpolicy.org/sites/default/files/Safe%20Routes%20to%20School%20Toolkit.pdf</p>
<p>General Active Transportation, Walking and Biking Resources</p>	<p>WALKSacramento. <i>Resources as well as Complete Streets toolkit.</i> http://www.walksacramento.org/</p> <p>Walk San Diego <i>Website provides resources and tools dedicated to enhancing the livability of communities through promotion, education, and advocacy, by making walking a safe and viable choice. Includes a walkability guide in English maps, and more.</i> http://www.walksandiego.org/</p> <p>Alliance for Biking and Walking <i>Find resources on promoting bike commuting, bicycle and pedestrian safety, sharing the road, and walking and biking to school are common education themes as well as sample Power Point presentations, videos, and resources on hosting classes and workshops. Find resources for planning successful events including Bike to Work Day, fundraising galas, and fundraising bike rides.</i> http://www.peoplepoweredmovement.org/site/</p>

A Resident's Guide to Creating Safe and Walkable Communities – (US Department of Transportation)

This guide is designed to be used by anyone looking for ways to improve the walkability of their neighborhood, whether they are just beginning to learn about pedestrian safety or are already part of an established community safety group. Residents can make a difference by raising awareness of pedestrian safety issues and pushing for change.

http://safety.fhwa.dot.gov/ped_bike/ped_community/ped_walkguide/about.cfm

National Pedestrian and Bicycling Information Center

Comprehensive web site that offers information and training to diverse audiences about health and safety, engineering, advocacy, education, enforcement, access, and mobility as it relates to pedestrians and bicyclists.

<http://www.pedbikeinfo.org/>

Promoting Active Transportation: An Opportunity for Public Health -

American Public Health Association and Safe Routes to Schools National Partnership: Gives an introduction and orientation as to why and how health should be considered in transportation planning and decision-making — in particular through active transportation — and the role that public health practitioners can play.

http://www.apha.org/NR/rdonlyres/42FBB4CA-4E2A-4C74-BDD7-317E7C814F9B/0/Links_Final_Active_Primer_singles.pdf

Getting the Wheels Rolling – (ChangeLab Solutions)

A Guide to Using Policy to Create Bicycle Friendly Communities provides a roadmap to making all types of communities bicycle friendly.

<http://changelabsolutions.org/bike-policies>

Creating a RoadMap for Producing & Implementing A Bicycle Master Plan – (Active Living Resource Center & The National Center for Bicycling and Walking)

Provides a comprehensive review of policies, procedures, practices, and physical infrastructure of your community that affect bicycling.

http://www.bikewalk.org/pdfs/BMP_RoadMap.pdf

Every Body Walk

Every Body Walk! is a campaign aimed at getting Americans up and moving. Through the help of our partners, we are working to spread the message that walking 30 minutes a day, five days a week really can improve your overall health and prevent disease. They provide news and resources on walking, health information, a personal pledge form to start walking, as well as a place to share stories about individual experiences with walking.

<http://www.everybodywalk.org/>

	<p>Walk Score <i>Gives a score for walkable neighborhoods. Walk Score's mission is to promote walkable neighborhoods. Walkable neighborhoods are one of the simplest and best solutions for the environment, our health, and our economy. We want to make it easy for people to evaluate walkability and transportation when choosing where to live.</i> http://www.walkscore.com/</p> <p>Walk With Ease – (Arthritis Foundation) <i>This evidence-based program provides information, support and tools to help you develop a walking exercise program for older adults, but can be adapted for other audiences.</i> http://www.arthritis.org/resources/community-programs/walk-with-ease/</p> <p>Walk Oakland Bike Oakland (WOBO) <i>Walk Oakland Bike Oakland (WOBO), founded in 2007, is a volunteer-powered organization dedicated to improving neighborhood livability, vitality, and sustainability by making Oakland a better place to walk and bike.</i> http://wobo.org/campaigns/oakland-urban-paths/</p> <p>Surface Transportation Policy Project <i>The Surface Transportation Policy Project is a diverse, nationwide coalition working to ensure safer communities and smarter transportation choices that enhance the economy, improve public health, promote social equity, and protect the environment.</i> http://www.transact.org/who.asp <ul style="list-style-type: none"> California transportation stats: http://www.transact.org/states/default.asp?state=california </p> <p>Start Walking Now – (American Heart Association) <i>Website provides tools and resources including; walking paths, activity tracker, walking plan, walking clubs, and more.</i> http://www.startwalkingnow.org/</p>
<p>Policy Resources and Sample Policies</p>	<p>CSBA Sample Board Policy: Safe Routes to School Program – (CSBA/CA Project LEAN) <i>CSBA has a sample board policy on Safe Routes to School. This sample board policy provides guidance for school districts to support local efforts to increase the number of students walking and bicycling to school and to make it safer for them to do so.</i> http://www.csba.org/EducationIssues/EducationIssues/Wellness/~/_media/Files/Services/PolicyServices/PolicyBriefs/201004_BP5142%20_SafeRoutes.ashx</p> <p>Establishing School Policy: Mill Valley – (Safe Routes to School Marin) <i>The best way to ensure sustainability for your program is to establish school policy that specifically promotes walking, biking, bus and carpool, encourages</i></p>

support for your SchoolPool program, and supports other Safe Routes to Schools initiatives such as education, contests, and events. Mill Valley has developed policies that institutionalize Safe Routes to Schools.

http://www.saferoutestoschools.org/GUIDES/Establishing_school_policy.pdf

Safe Routes to School Marin: <http://www.saferoutestoschools.org/>

Safe Routes to School Program and Policy Strategies – (CSBA/CA Project LEAN)

A policy brief published in 2009 with many resources, best practices and steps for school districts/county offices of education (COEs) to develop a Safe Routes to School program.

http://www.csba.org/EducationIssues/EducationIssues/~media/Files/EducationIssues/Wellness/2009_08_SRTS_PolicyBrief.ashx

Safe Routes to School District Policy Workbook – (ChangeLab Solutions/SRTS National Partnership)

This interactive tool is designed to help school board members, administrators, families of students, and community members create and implement policies that support active transportation and Safe Routes to School programs. The workbook will walk you through a series of policy options to help you build your own customized Safe Routes to School policy, which you can download and use in your community.

<http://changelabsolutions.org/safe-routes/welcome>

School Bicycling and Walking Policies: Addressing Policies that Hinder and Implementing Policies that Help – (Safe Routes to School National Partnership)

A policy brief that includes steps to consider when developing school bicycling and walking policies.

<http://www.in.gov/indot/files/TipSheetSBWPolicies.pdf>

Model School Crossing Guard Municipal Policy – (New Jersey SRTS)

The New Jersey Safe Routes to School Resource Center has developed a Model Municipal Crossing Guard Policy to provide traffic safety officers in police departments throughout the state with specific guidance related to hiring, training, and supervising school crossing guards.

<http://www.saferoutesnj.org/model-school-crossing-guard-municipal-policy-released/>

Promoting Health in Minnesota Schools: School Wellness Policies – (Public Health Law Center)

The Public Health Law Center developed a series of sample school wellness policies to fit in the Minnesota School Boards Association's model school wellness policy. Specific school wellness policies topics that are available include safe routes to school, recess, physical education, farm to school, school gardens, healthy fundraising, healthy concessions, healthy classroom snacks and celebrations, school health councils, "no punishment or reward", and active

classrooms.

<http://publichealthlawcenter.org/resources/promoting-health-minnesota-schools-school-wellness-policies>

Safe Routes to School Local Policy Guide – (Safe Routes to School National Partnership)

The Safe Routes to School Local Policy Guide provides a primer for what policies can be targeted to influence transportation and land use that benefits children's mobility, how to go about initiating policy change and examples of communities that have successfully enacted policies. The Safe Routes to School National Partnership is excited to bring this resource to the public, as we keep hearing that communities and schools need more examples of how to enact policy changes and develop new funding streams that will create healthy environments for children.

http://saferoutespartnership.org/sites/default/files/pdf/Local_Policy_Guide_2011.pdf

A Roadmap for Healthier General Plans

A community's general plan can go a long way toward creating healthier neighborhoods – increasing opportunities to buy fresh foods, making it easier to walk and bike throughout the day, and more. This step-by-step guide details the process of getting health-promoting policies into a general plan. City planners, health department staff, local advocates, and others all have a role to play.

<http://changelabsolutions.org/publications/GP-roadmap>